

**AMENDMENTS TO THE SPECIFICATION**

Please replace the paragraph at page 3, lines 16 - 30 with the following:

In particular, the invention accomplishes one or more of these benefits or advantages by providing a mouthguard for insertion into the wearer's mouth to protect the wearer's teeth and temporomandibular joint from trauma. The mouthguard may be a generally curved, flexible member having a longitudinal extent that includes a central portion for protecting the wearer's anterior teeth and the two end members each extending rearwardly from the central portion for protecting the wearer's posterior teeth. The flexible member may have a front surface adjacent the wearer's lip and cheeks, a rear surface adjacent the wearer's anterior and posterior teeth when the mouthguard is inserted into the wearer's mouth, and a thickness defined by the distance between the front and rear surfaces. A first groove may extend into one of said front and rear surfaces a predetermined depth less than the thickness of said flexible member, the groove defining a first hinge permitting flexing of a portion of the flexible member about the hinge to conform to the wearer's mouth. A bite tab extending along a substantial portion of the longitudinal extent may be utilized that projects inwardly from the central portion and the end members, and is adapted to be engaged by at least one of the wearer's anterior teeth and the wearer's posterior teeth.